

**Journeys through EXPAND**  
Providing Affordable Fitness, Leisure and Cultural Arts Programs for  
Adults with Mild Traumatic Brain Injury and other similar  
Neurological Conditions.

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**Winter Programs 2017—Registration Starts December 6, 2016**



**How to Register for classes.**

1. Phone in at 303-413-7270 (credit card & activity code required); or
2. Walk in at any one of our three recreation centers; or
3. Call Cory at 303-413-7269 if you have any problems with registering.

*Please note. If you cannot pay the full price for class, you can apply for financial aid. Please call Cory at 303-413-7269 to inquire.*

**Nia—Mon & Wed**

Nia combines movements and concepts of yoga, martial arts, jazz and modern dance. Nia offers total body conditioning and helps support neural pathway development. It can be adapted and personalized for any level of fitness and agility. Instructor: Wendy Rochman.

**Jan 23—Mar 15 (16 Classes)**  
**Activity Code: 5150**

**Fee: \$80R/\$100NR**  
**Time: 2:30 to 3:30 p.m.**  
**Location: North Boulder Recreation Center—Multi Purpose Room.**

**Print Making with Wendy Rochman**  
**NEW—Tuesday's**

Each week of this really fun hands-on class, we will explore a different printmaking technique, including Mono-prints, block prints, and collage prints. Composition, color and texture will become intricate parts of our art.

Wendy Rochman, M.Ed. is the director of Blue Window Arts in Boulder. She has been making and teaching art for over 30 yrs. Exhibiting her work in public and private venues throughout the United States.  
[www.bluewindowarts.com](http://www.bluewindowarts.com)

**Jan 24—Mar 21 (8 classes)**  
**Activity Code: 5152**

**Fee: \$80R/\$100NR**  
**Time: 1:30-3:30 p.m.**  
**Location: North Boulder Recreation Center—Multi-Purpose Room**

**Water Color Painting with Alex Meeker—Thursday's**

Beginner class. Let's discover the thrill of creating a composition and completing it with color, texture and contrast by using other mixed media.

**Jan 26—March 16 (8 classes)**  
**Activity Code: 5151**

**Fee: \$80R/\$100NR**  
**Time: 1:30-3:30 pm**  
**Location: North Boulder Recreation Center—Multi Purpose Room**

**Pottery— Friday**

Students will learn basic glazing and be introduced to the firing process. Hand building techniques will also be taught. Instructor: Ann Fontenot

**Jan 13—Mar 3 (8 classes)**  
**Activity Code: 5627**

**Fee: \$100R/\$125NR**  
**Time: 1:30-4 p.m.**  
**Location: Pottery Lab 1010 Aurora, Boulder**



More on Back

# Journeys through EXPAND

## One Day Events

### **Meditation Workshop —FREE!**

Kevin Pettit will share how Meditation has helped him through his brain injury and the common difficulties people have with meditation. We will learn how we can approach the challenges regarding meditation in hopes to bring it into our lives. There will be time to practice and share with each other.

**Weds, January 11, 1:30-3 p.m.**

**Activity Code: 5414**

**Fee: FREE— must still register to attend!**

**Location: North Boulder Recreation Center—Yoga Room**

### **Denver Museum of Nature & Science/IMAX**

Bring a lunch or money for lunch. After lunch we will attend the IMAX Theatre at 2 p.m. to watch Extreme Weather and then have the opportunity to visit different exhibits at the museum.

**Friday, February 3rd—12 p.m. to 5:30 p.m.**

***Must Register no later than January 27***

**Activity Code: 5415**

**Fee: R\$20/NR \$25**

**Location: Bus will depart from the East Boulder Community Center.**

### **Downtown Aquarium**

The Downtown Aquarium houses over 500 species of animals and has underwater exhibits that highlight fascinating ecosystems from around the world.

**Friday, March 10 from 1 p.m. to 5 p.m.**

***Must Register no later than February 20th***

**Activity Code: 5416**

**Fee: R\$20/NR \$25**

**Location: Bus will depart from the East Boulder Community Center.**

**The City of Boulder Parks and Recreation Department's Financial Aid Program provides assistance to those of low income. Forms can be found at: <https://bouldercolorado.gov/parks-rec/reduced-rate>. Forms can also be picked up at any recreation center. Need assistance, call Cory Lasher at 303-413-7269.**

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**Please Note!** All classes are on a first come, first serve basis and have size limits. Therefore, it is important to register early. If we do not get enough individuals to register for a class we will cancel the class one week prior and provide you a full refund. *We understand that not everyone can pay the full amount of a class. If this is your case, please call Cory at 303-413-7269 and ask how you can get financial aid. The most important thing to us is your participation. We will make sure it is affordable for you!*



The staff will call you prior to each class you register for to remind you of what to bring and what to expect. It is highly recommended to attend all classes in order to either complete a project or to get the maximum benefit from the class. We hope to see you soon!